

## **GrapeVine Unit**

### **Healthy Bones, Healthy You (Bone Health)**

**FREE**

This one-hour session will teach participants about the importance of good bone health for overall wellness and longevity. Special emphasis is on osteoporosis and steps families can take to reduce their risk and stay healthy.

The session will cover:

- Why bones are important to our overall health
- What is osteoporosis and osteopenia
- Risk factors
- Warning signs/fractures
- Reducing risk of disease and injury
- Screenings
- Where to find more information and resources

Handouts on the topic and a small gift will be available for participants at the end of the session.

GrapeVine is a program of the Wisconsin Women's Health Foundation